

## LS Ham PotatoOmelet15

Number of Servings: 15 (256.13 g per serving)

| Amount | Measure | Ingredient                                      |
|--------|---------|---|
| 1 1/4  | lb      | Pork, cured ham, 96% fat free, low sod, add wtr |
| 15.00  | ea      | Eggs, whole, raw, lrg                           |
| 2/3    | cup     | Onion, white, fresh, chpd                       |
| 1/4    | tsp     | Spice, pepper, black                            |
| 3 1/4  | cup     | Milk, nonfat/skim, w/add vit A & D              |
| 31 1/2 | ea      | Cooking Spray, butter flvr, 1/3 sec spray       |
| 2 3/4  | lb      | Potatoes, hash browns, shredded, 80% ckd, iqf   |
| 12 1/2 | oz      | Cheese, cheddar, low sod, shredded              |

### Nutrients per serving

| Nutrition Facts  |           |                       |                |
|--|-----------|-----------------------|----------------|
| Serving Size (256g)  |           |                       |                |
| Servings Per Container   |           |                       |                |
| Amount Per Serving   |           |                       |                |
| Calories 290   |           | Calories from Fat 130 |                |
|  |           |                       | % Daily Value* |
| Total Fat 15g  |           | 23%                   |                |
| Saturated Fat 7g   |           | 35%                   |                |
| Trans Fat 0g   |           |                       |                |
| Cholesterol 250mg  |           | 83%                   |                |
| Sodium 440mg   |           | 18%                   |                |
| Total Carbohydrate 19g   |           | 6%                    |                |
| Dietary Fiber 2g   |           | 8%                    |                |
| Sugars 4g  |           |                       |                |
| Protein 21g  |           |                       |                |
| Vitamin A 10%  |           | Vitamin C 10%         |                |
| Calcium 25%  |           | Iron 10%              |                |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |           |                       |                |
|  |           | Calories:             | 2,000 2,500    |
| Total Fat  | Less than | 65g                   | 80g            |
| Saturated Fat  | Less than | 20g                   | 25g            |
| Cholesterol  | Less than | 300mg                 | 300 mg         |
| Sodium   | Less than | 2,400mg               | 2,400mg        |
| Total Carbohydrate   |           | 300g                  | 375g           |
| Dietary Fiber  |           | 25g                   | 30g            |
| Calories per gram:   |           |                       |                |
| Fat 9 • Carbohydrate 4 • Protein 4   |           |                       |                |

### Instructions

Spray counter pan(s) with nonstick spray, add potatoes and spray generously. (Use 12X24inch pan for each 24servings)  
Bake in 450 degree oven for 30-45 minutes to brown (stir occasionally).

Dice ham into 1/2 inch pieces. Heat milk so it is hot.

Combine eggs, seasonings and hot milk. Pour over browned potatoes. Sprinkle cheese over top bake at 325 degrees for 1+ hour or until set, 180 degrees F internal end-point temperature. Serve as soon as removed from oven. Cut each pan 4X6 for 24 serv/pan.

Each ~3X4 inch piece = 3 oz protein + 1 vegetable

Each piece = 1 1/2 CS

### Notes

Liquid eggs equivalent to # in recipe may be used.

1 # shredded cheese = ~ 3 1/2 cups

Ham should be 285 mg Sodium or LESS per OUNCE.